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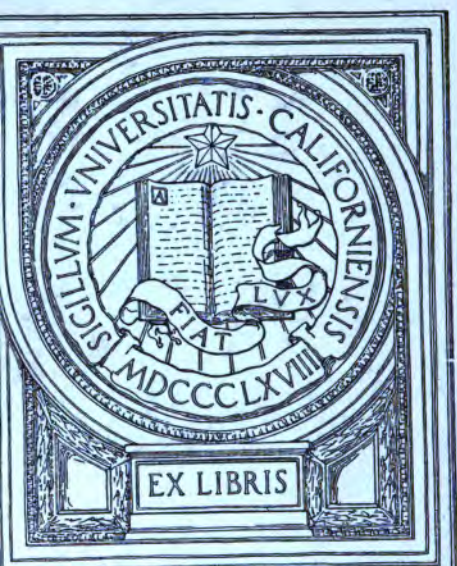
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The I Can Way of Happiness



Loriot M. Vernet; Lamoureux

THE I CAN WAY OF HAPPINESS

BY

LORIOI M. VERNET LAMOUREUX

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The Third Book of the I Can Clan Series
Sold for the benefit of the
LITTLE LEAGUE OF CHEER FOR CHILD WELFARE
which is associated with the
CHILDREN'S METAPHYSICAL HEALING HOME
of Berkeley, California

*Unfold the hidden wings of Will
and mount to heights of Victory.
L. M. V. L.*

PUBLISHERS
Observers' Publishing Society
2736 Derby Street
BERKELEY, CALIFORNIA

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TO THE
AMERICAN

THE SYMPHONY OF THE I CAN WAY OF HAPPINESS

The I Can Way of Happiness is to know that if I have faith I have everything, for "Every good gift cometh down from the Father of Light in whom there is no variableness," therefore in faith I may live, serve, be and do abundantly and with serenity the whole good of which my soul may dream. In this, the I Can Way of Happiness, I take all my measurements of earth's affairs and conditions according to the Infinite Scale of Adjustment and compensation, to discover in the efforts of men about me the ceaseless undercurrents of harmonious growth; to learn within every undertone is a promise of a symphony of vibrant melodies, of overtones transcendent and wondrous; to know that if I be lifted up I lift all who come nigh unto me; to so live Truth that its sunlight illumines all darkness, and by its power evolve to an understanding that underneath all life is one, and all life is seeking love and possesses an inner reverence for that which is Infinite and Good and even silently names it God; to understand that all is God's law, which is with patience mining away the dross from the activities of the hearts of men. So fundamentally all life is reaching out toward the Infinite.

In the I Can Way of Happiness I shall ever know that "The Lord is my Shepherd, I shall not want, and I will lift mine eyes unto the hills from whence cometh my help" and in the illumination of this knowledge my ears shall be closed to discords, my eyes shall per-

ceive only beauty, my lips voice only Truth, my hands convey only compassion and Love, and my mind directed by Infinite Intelligence will have awareness continually of the vastness of Reality and all things that are a part of a wondrous Omnipotent Whole. All nature shall teach me of unmeasured sanctities and immortal glories, and that there within the simple things, refreshing breezes, glowing stars, new bursting blossoms, waving grasses, fields of emerald green and golden yellow, and rainbow-tinted flowers, may be found the counterpart of mine own being with its deep wonderment.

In the I Can Way of Happiness I shall cherish my body as a temple of a soul and feel a companionship with all hidden life, and know every tree to be an altar, every rock a shrine, every hill a holy chapel, every grove a sanctuary, and earth and sea and sky as symbols of majestic unlimited Infinite creation. And I shall rejoice in this gift of life in me where harmony may prevail as I stand within the peaceful consciousness of Divine Dominion while the beneficent Good is ceaselessly chiselling all about me and calling all unto the sublime. So with thanksgiving in my heart I may consecrate in the I Can Way of Happiness my gift of Consciousness of Infinity to all humanity, each and every one whom I know to be a part of Boundless Being, a Ray of Heaven and Eternal Light.

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Let us become spiritual, a perfect temple of God. Barnabas 3:12. Apocrypha.

God is my strength and power: and he maketh my way perfect. II Sam. 22:33.

My God shall supply all your need according to His riches in glory by Jesus Christ. Phil. 4:19.

Not that we are sufficient of ourselves to think of anything as of ourselves; but our sufficiency is of God. II Cor. 3:5.

And God is able to make all grace abound toward you; that ye, always having all sufficiency in all things may abound in every good work. II Cor. 9:14.

Ask and it shall be given unto you; seek and ye shall find, knock and it shall be opened unto you. Luke 11:9.

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Desire is the agent of Divine Will. Happiness can be cultivated. Happiness is the desire of every human heart. It may be that people are mistaken in their ideas of happiness but the fact remains that all humans wish to be happy, and as we have no wish that does not express the potential power of its realization and then admitting that real genuine happiness must contain an eternal element and an ideal element, we must further acknowledge that the desire for happiness is a quest of the soul. This being true then we can legitimately expect that once we can learn to place our life and all affairs pertaining to it under Divine Dominion happiness will be the reward.

It is well to begin every day with the declaration and acknowledgment of God's rule. Draw an imaginary circle about yourself and think of it as protecting, unlimited Infinite Love. Then place yourself within this circle and say, "I stand within the Circle of Infinite Love, which rules me and all concerning me all this day. Divine Intelligence governs my speech and thought and

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action. God gives His angels charge over me all this day concerning all my ways. God rules and governs all that concerning me on the north, God rules and governs all concerning me on the south, God rules and governs all concerning me on the east, God rules and governs all concerning me on the west. God's love surrounds me and protects me." And then if there is some special work to be done declare the membership resolutions of the I Can Clan of Cheer: "I am resolved never to say I can't. I am resolved to declare regarding all the affairs of my life. In God I am Invincible. In God I am conqueror. The Omnipotent Infinite Power Absolute is now manifested in me and all concerning me. I can be what I will to be because the Divine Will of God rules all of my mind, all of my heart, and all of my action and all of my being visible and invisible. God is my helper, my Guide, the Powerful and Mighty."

Discipline the mind to think of Infinite Rule and repeat over and over these statements. Practice will train the mind to think

constructively and to bring into activity the all-powerful Omnipotent laws. Develop determination, persistency of purpose and a will power to master all weakness. Remember that procrastination is a sieve that may drain a reservoir. Do and dare. It is better to make a mistake than never to begin. The man who never dares to fail will never win. Practice makes perfect and few people can begin a line of work with skill. There must be an ideal to evolve unto and only by beginning even most unskillfully can the ideal ever hope to be realized. Keep ever before you the recognition that God's will is success and prayer promotes conscious connection with the Divine Will. The prayer that declares God's government is the potent prayer, but the prayer that pleads for God's co-operation conditionally is ineffective. All powerful prayer is that which places one at once in unity with the all mighty laws of victory.

Some one has written :

"How rare it is to find a soul still enough to hear God speak."

In the whirl and rush of the twentieth century life we go on our respective ways driving ahead and getting tired and bewildered, seldom stopping to consider that we are using up a great deal of energy and wasting time by neglecting to centralize our forces and unify our powers. Every human being who expects to win should have a silent few moments before beginning the day. We must learn to listen to the universal harmony and in order to listen we must learn to "be still". Some trainers of birds succeed in teaching them to sing operatic melodies perfectly and to imitate flute and violin tones, but this is accomplished by placing the birds in darkened cages for twenty minutes every day at the same hour for from three to six months. The birds learn because they have nothing to do but listen to the vibrations. What a wonderful thought for human beings.

When we will put aside everything that interrupts our perception or awareness of

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Infinite melodies then we can know the Voice of God. We must listen and twenty minutes of silence will prove out the Truth as Christ taught it "Be still and know". Many people are going along through life never listening but the people who are making important demonstrations over material conditions have learned that lesson, yea they know that they must always be listening. Victory is a matter of perpetually listening, through perception, intuition, observation which becomes keen and alert in proportion as the inner consciousness is evolved. It is in the silence that soul hears the message of Divine guidance and the soul becomes a harp of golden strings so that as life plays upon it Eternal Harmonies are produced and the happiness is born which produces the magical I Can conquering consciousness.

Do not try to adjust the new thought to the old by analyzing, traditionizing and excusing. Begin anew, forget the past and with all the will power of which you are capable declare, "I will be still and know

and obey only the Voice of God now. As an aid in attaining this quietude of being declare:

"God is Wisdom, Intelligence, Love renewing energy, peaceful, creative power, spiritual love."

When we wish to express any of these attributes of being, we may be helped to do so by saying these words positively and meditatively. When it is necessary to make decisions think of God's wisdom as directing the mind. This will help you to conduct business affairs satisfactorily. The silent declaration of God's rule in any emergency will adjust affairs miraculously: the complex affairs of love in human relationship; overcome inharmonies, will spiritualize creative energy, overcome physical conflicts, and transform vital energy to mental power of thought and concentration and inspiration. This knowledge and how to use it would make geniuses of so many of our authors, artists and musicians, who are now scattering through this emotional

expression and are slaves of themselves, instead of glorying in their power which is fundamentally a divine gift.

Every noble attribute we can think of God is and Divine Power can lend heroic strength to make each and every one Master of himself and reflect the Infinite being that is within the soul.

After the manifestations or demonstration of prayer's power a metaphysical belief unfolds. Faith gives the courage to try the law, to test it. With belief comes spiritual understanding and then one learns that the great magnets of being which are radiated in prayer, are actual spiritualized magnets of attraction, possessing the power of alchemizing and transforming life and its needs. It is the spiritual understanding of faith that takes us to the secret place of the Most High. Once having come to that glorious consciousness of oneness with Infinite vastness, an awareness of unity of spirit comes to remain for all time and under all conditions. Bondage or liberty, fear

or confidence, everyone is living, but we cannot serve two masters and win. When there are material conditions that are limiting us, this is proof that we are not living in quiet confidence.

Of course the beginner cannot be expected to come into this consciousness all at once. It is, of course, possible for anyone to have suddenly a full, glorious flash of transcendental belief, but the majority of human beings are so grounded in tradition and orthodox limitation that metaphysical understanding is a matter of training, of educating the mind. To one unversed in metaphysical terminology the science of metaphysics is like speaking a foreign language. It is seeing the affairs of the world from an entirely different point of view, and learning the infinite Infinity almost the reverse way of all that has been taught in orthodox training. All is centered in the interpretation of God's will. "Thy will be done" in the orthodox sense is to accept trials and troubles as spiritual discipline, as a way and means divinely in-

tended to help us to live more spiritually. The metaphysical point of view regards all trials and misfortunes to be the result of broken laws---broken through the human's lack of knowledge of omnipotent power. The metaphysician declares that the soul within man is a ray of the Infinite Light itself and consequently it has the capacity to know that which it is a part of. The "Thy Will Be Done" is interpreted as the promise of the dominion of Divine good, and anything that is not good is not a divine expression, and to know God's will, the soul must dominate mind and declare the full power of its infinite association and inheritance as a power which can overrule in proportion to the energies or activity of our faith. In other words trials and sorrows are but keys to the knowledge of God's will of spiritual happiness and are not to be endured with heroic martyrdom as a blessed schooling. If we had no difficulties we would not know there was anything to overcome, and we would not learn of the all mighty power of which we are a part,

and again unless we individually declare "in spirit I am free from the laws of sin and death" we would not learn the transcendental joy of freedom, of knowing that "according to thy faith it shall be done to thee" and whatsoever ye shall ask in my name that ye shall receive. Divine freedom is that blessed consciousness that we have but one responsibility, namely the response to spirit, loyalty to the God within. A freedom which tells us that we can not be handicapped or limited by any material or human law, for such law loses all its power as soon as we declare in confidence "Only one law governs me, the law of the Divine Good Absolute." "Thou wilt keep him in perfect peace whose mind is stayed on thee, because he has trust in Thee" precludes all compromising consideration that in any degree whatever God's will is bondage.

Therefore then whatever we desire potentially exists, but we must make use of the magnet Will to attract it and mate-

realize it. Everything good is within the Infinite realm of supply always.

When we fail to make our demonstrations there is a link missing, a space we have not spanned. We may seem to have full faith but often if we could see full faith as a sun disc we would discover that we have been placing shadows of doubt upon it and have only been radiating a very small section of the light.

The link is for the human mind to come to a realization of these laws in his mind, as well as in his spiritual being and to know that as soon as he removes the barriers of wrong thinking, the human idea of lack and sorrow and anxiety, the great doors of opportunity will open and manifestation will take place in proportion to his faith. According to your faith it shall be done unto you. This mysterious invisible law of magnetic attraction is infallible unless the fear is overwhelming; waste no time with denials but simply affirm that only one power rules and can rule, viz: the Divine Power, which is Absolute.

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Once having had the glorious consciousness of Infinite Vastness, a unity is established unto all time and space. This consciousness is liberty. Bondage or liberty, which will you have?

All may do what by men has been done.
—Loring.

Awake! Arise! or be forever fallen.—
Milton.

I have always thought the actions of men the best interpretation of their thoughts.—Locke.

There is no outward way of escape from trials, illness and circumstances, the accomplishment of freedom must be from within.

The real consciousness of The Lord is my Shepherd I shall not want, will supply every need. The ultimate aim of every soul is to come to the all-ness of Divine Rule. No one can liberate you; the wisest human can only teach the way.

Believe you can find the way, the I Can

Way of Happiness, and you will be able to do so through disciplining your will to reconstruct your thinking.

The most joyous thing to do in the world is to reconstruct one's life, environment, health and finances. It makes the individual a builder and such a builder glows with seeing power expressed and is always anticipating new expression and manifestation—it is a way of living above what otherwise would be the banalities of life, nothing becomes monotonous, one never can become satiated with repetitions or lack of variety, for each and every new accomplishment opens up a channel for something else to be accomplished. I have known several young women under eighteen years of age all of whom were given up by physicians as hopelessly tubercular. Two of these girls took up horse-back riding and began drinking milk and taking raw eggs. They slept in the fresh air twelve hours out of twenty-four. Four girls gave up school entirely, took correspondence courses and read

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cheerful books regularly every day, never reading or studying for longer than forty minutes at a time, then resting and relaxing whenever there was a sense of tension or fatigue. One of these girls who resumed her schooling graduated from college at twenty-four and is now a well, hale and hearty woman of seventy who has spent her life caring for several people and is the only one left of a large family. The other at fifty is a grandmother, ruddy and robust and looks to be about forty. Another young girl was alone and without money and the physician's verdict was a serious one, but she courageously declared, "In God I can be well," and she left the city and went onto a farm. Her first work was husking corn, then she worked getting off potato bugs. Next the farmer's wife liked her so well that she asked her to stay and help in the care of the children. She made her diet principally of milk and eggs and butter and the fresh farm vegetables, gave up tea and coffee, took gentle exercises every day and kept ever before her a

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mental vision of a strong, well woman. She studied relaxation and eventually entered college as a special student and graduated in five years strong and well. In every cure there is first the resolution to get well and then the accompaniment of I Can. Another tubercular patient who was also combating paralysis always thought of herself as a tree and repeated regularly, "I am like the tree united to a great central life force. As definitely and unconsciously as the sap flows through the branches of the tree divinely directed, so Infinite life flows throughout my being, renewing, rebuilding and reconstructing it. My energy is Divine Life and it is self creative and unlimited now and always." By studying diet and psychological laws of expenditure and energy and mental control of life forces, combined with her faith, this girl became strong and well.

Christ counselled in simple terms how to have life abundant. "I am come," He said, "that they might have life and that they might have it more abundantly." He

said earnestly, pleadingly, "Come unto me, all ye that labor and are heavy laden, and I will give you rest,—For my yoke is easy, and my burden is light." Every human being seeks freedom, the unburdened life. Christ came to instruct us in the law which simply is unconditional, "Come unto me."

The way to happiness is service and we conquer when we have some one to serve. Some years ago I had the good fortune to count among my friends, a man and his wife, who had fully demonstrated happiness. Some dozen years before he had had a conflict with a craving for liquor and also a moral struggle. He met during his hours of darkness, the young woman who later became his wife. At that time she was a member of the Faith Church and having special prayers said for a serious tubercular condition. She was having hemorrhages and the doctors said she would pass out during the year. Soon after the prayer services began to be held for her she showed signs of improvement and in a few months

was pronounced perfectly healed by the same physicians who had said she was incurable. The young man became converted through this wonderful healing and overcame his temptations and weaknesses completely. The next thing to be overcome was scarcity of money. Neither of these people had been especially trained for earning their living, they had come to America with a small bank account and the old friends whom they come to be with had passed on, so they were very much alone. They decided to put their few remaining hundreds together and get married and also decided that as a thanksgiving for their healing and their beautiful affection they would devote their home to needy people. Their only motto was "I can do all things through that power which was in Christ Jesus and strengtheneth me." They agreed to live as spiritual companions. He said, I have overcome the flesh and God hath given life and health to my wife and we will now make our energies spiritual and consecrate them to the Lord,

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and with our hearts, our hands, and our strength, and the supply, which God will send, we will care for those who are seeking healing in God's law. It took all of their united funds to furnish and rent a small cottage and within a week after they had taken up residence they found a widow with a child who had just come from the hospital and had neither home nor money and so frail, there seemed small chance of her recovery. This woman the young people of faith made their first charge. Saying, now we have assumed a responsibility and God will provide. Within a few weeks employment came and whereas the salary was not large it was sufficient unto the need thereof. I watched the lives of these two wonderful people for over ten years and as simply as children would declare it they both continued to declare "I can" and they steadily built up their finances and enlarged their home and the number of needy inmates. The atmosphere was peaceful and harmonious. They always had plenty, they took care of all of

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their non-paying guests themselves and healed most of them. They had a twenty-room house and thirty faith patients inside of fifteen years, and they were also educating two young people whom they had healed.

Another I Can story is of a man who had studied for the ministry and as curate on his visits to the slums found so many children who needed care that he decided to give up his church and build up a Faith Home for the care of children. He was a bachelor and without any family, parents, brothers or sisters, all having passed on and he himself frail and as the world says, "not destined to have a long life." He found a house in the country and told his plan to a young man who was just starting in business. This young man appealed particularly to the curate because he had been remarkably cured of paralysis by prayer. The curate could see no way according to human reasoning of building up his children's home and he wondered if there was some magic in prayer that the

old orthodox knew nothing of. "Yes," said the young business man, "the doctors said I would never walk again but after six months of metaphysical study and prayer I have been healed and I believe that if we would work together the home can be demonstrated." They succeeded in getting a loan and rented the farm house and equipped it, engaged a matron and assumed within a month the care of five orphan crippled slum children. "Through Divine Power I Can" was the law of the Home and the law of the business enterprise. The Home established in prayer cared for over a hundred children. Every penny was prayer money never a penny solicited, wholly supported by free will offering. Happiness and health and prosperity, a field of service and manifold blessings can come to anyone who has the desire to prove that dreams will come true through the "I can" of In God I Am Invisible and In God I Am Conqueror". For twenty years this Children's Home was maintained successfully. It finally became associated with a State Board of Charities.

HOW THE HOUSE WAS SAVED

One of the many remarkable truth experiences brought to my notice was that of how a home was saved. In spite of their efforts Mr. and Mrs. Blandeau had been unable to continue the payments on their house. Ill luck followed ill luck until Mr. Blandeau was out of work and that stopped everything. Mrs. Blandeau turned to Truth as the only means of victory but her husband bitterly opposed her interest in new religions so she gave it up, until one morning the notice of foreclosure was delivered to them. In her despair Mrs. Blandeau thought of her Truth friend and longed to send for her yet did not do so as her husband was so disturbed, she feared to annoy him. During the afternoon, however, the friend came to the house. "I seemed to feel that you were in trouble and wanted me," she said. Then Mrs. Blandeau told her all. "Will you allow me to take up your need

metaphysically and talk with your husband, for you know Truth always has met and always will meet every human need. The husband very much liked his wife's friend and as she talked and explained he finally agreed not to oppose her treatment. "I do not believe in it," he said, "but I will hold no negative thought." The next week the house was to be sold for taxes. The bids were being made and despair again was in the hearts of Mr. and Mrs. Blandeau at the prices offered. Suddenly an Irish woman, who appeared to possess only humble means, stepped forward and bid. Her bid was accepted and the house became her property. The papers were forthwith drawn up and all was settled. But just as everyone was about to leave the building the Irish woman came up to Mrs. Blandeau. "Lady I have something to tell you. Rest easy about your house. I have bought it in so you might live in it. It was a pity to be turning you out of your home without a chance and you not being young now, so I had the money and bought it. If

you like I will rent it to you for what you can afford to pay and then if you will arrange it with me, I would like to have the rent buy back the place for I know how you love it for a home." Truth was demonstrated and even Mr. Blandeau admitted its workings. The thought held was "God maketh His child to dwell in safety and all is ruled by God's love which no man can take from His child."

The unlimited marvels of thought power and laws of mind can only be proven by unremitting and untiring efforts. Methods and means unfold as the seeker seeks earnestly. Pray unceasingly, pray and work together. Prayer without work is spiritual laziness which accomplishes nothing and work without prayer is bondage leading to unrest and exhaustion. So both are necessary to a happy, helpful, fruitful existence. Do not talk about your plans until they are well formulated. Silence is power for it concentrates all the radiations. Do not go about seeking advice. Few humans when seeking advice tell all and no true

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counsel can be given on half testimony, besides there is no reason why anyone should be deprived of his own intuition which can come according to his desire and need. Therefore pray believing and the ideas for right action and successful action will flash into your mind. Look always to your own soul for counsel and there if you be still and know that God directs you, you will receive wisdom. There is no way of listening but to listen and true intuition as we call it (the sudden flash of an idea which is convincing) is the way the answer comes.

Then the surest way to happiness is through love. Love and love and love. Fill your mind with thoughts of others and what to do to make them happy. Count your money with the thought of how much you are going to be able to do for others with it. If all the world knew love, spiritual love, which is selfless, and real brotherhood without restriction of pride or kindred, without ambition, there would be no industrial problems, no crime, no un-

happy marriages, no disloyalties, for love brings self-respect and ideals. We never offend those we love, for love is reverence, we never lose our self-control with those we love for love is protective, we never lose our tempers with those we love for love understands and seeks adjustment according to God's law of peace, we never know jealousies for love rejoices in love and realizes all is God's and we are but chatelaines even of those given to us to especially love and protect. There would be no warfare for there would be no greed and therefore no envy, no race prejudice, no desire for national or personal aggrandisement, all would belong to the Universal and regarded as being under Divine Dominion. He who understands never condemns but only through love can we understand. To be happy and serve one must be in one's opinions unprejudiced and unbiased, as liberal as the sky's vast expanse; in the physical being, self controlled, radiating beauty, purity and health, and in spirit always knowing God as Divine guide

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and protector always all powerful and always present; living in the today as much as possible of that eternal transcendant harmony as may represent the measure of Infinite Spheres of Immortality and Unity. We must be strong mentally, physically and spiritually to know happiness and we can only serve the world well as we unite these three forces and attribute all their power to a Divine Cause.

The I Can will power united to the Infinite all sustaining Life can reconstruct your life, on its every plane, mental, physical, moral and financial.

Human Inheritance simply means reconstruction is necessary, so inheritance must be thought of potentially as Infinite and spiritual and all powerful instead of finite and powerless, in order to conquer the human handicaps. Environment can be changed miraculously by the declaration, which will dull the energies, "God keeps him in perfect peace whose mind is stayed

on God. He gives His angels charge over me concerning all my ways. He maketh me to dwell in safety. He leadeth me into green pastures." There need be no doubt about being led into happy conditions if we give the leadership definitely over to God. Fear nothing. Heed not the opinions of anyone who interferes with your vision which has come after meditation and asking Divine guidance. Live, breath, be, and be free and well. Fill your soul with love and interest in others and attune your mind to happiness, happy books, happy people and happy plans and you will soon be overcoming the dismal ways and difficult experiences. Fill your thought with thoughts of radiant health and joyous living. A plucky soul once wrote to me during a trying experience. "I am on a see-saw, but I am still going up." There is no danger of affairs bringing one down with a bump who has a spirit like that and besides there could be enough impetus on such a see-saw to toss the one so tested right up and above the earth conditions

into the great free spaces of consciousness and knowledge where a solution of the situation would be found. Sometimes we have to be actually tossed up into the Mount of Vision. We are eager to get there but do not know how to energize and get ourselves, there, so events take us there. There is nothing in life we cannot have if we really desire it and start the magnetic currents of attraction. Everything we desire simply awaits our claiming. We simply must learn to look outside of ourselves for the Power, and then develop the dynamo within—that is energize faith, and discover the great reservoir of supply unexplored and unused on which to build our dream. The foundation of all realization is within ourselves,—the key to the Infinite within, but that which is the all sustaining life is outside and to know happiness we must live in touch with that universal, above the ego of individual might and radiate the infinite instead of the finite. The universal liberates, the personal indi-

vidual imprisons both ourselves and those who associate with us.

As every new responsibility comes, every new difficulty, let it stir the blood like a bugle call and in reply to it say, "On, On to Victory! I can win for in God I am Invincible! In God I am Conqueror." As Emerson says, "The world exists for the education of each man, and experiences come for the purpose of proving who shall wear the laurel wreath of the Conqueror. Let the stars of our inner firmament be kept bright with faith with an irresolvable resolution that the world shall make no inroads upon our soul. Steady, steady, calm and steady, in I Can for In God I am Invincible, then the throng of emotions that the world would stir us with, can not distract from the happy inner confidence that all is unto good and God's man of faith can never know defeat. Yes, if we will stop and listen we will hear in the silence voices of kindly guardians repeating from out of the interstellar spaces words of wisdom and direction and ways of action. The In-

visible angel sentinels appointed by God are ever alert and never fail or falter. Once one attains this consciousness, the world no longer appears to be a jugglery of human hearts and a cruel mockery of fate and destiny. We know in this consciousness that what our souls feel they go to. What we declare in our faith's outpourings we bring to ourselves inevitably—it is the singing of the bird of immortality within the soul, the song of indomitable cheer, the ecstatic life of eternity. Then when we know, we live happiness, for our souls are ever winged and possessed of daring flight. We will build castles of happiness in the air then which we may materialize and soaring and encircling the vast empyrean sea of Infinite spaces we will live with pinions free. It is such a vision or a companion one that makes those whom the world calls the handicapped ones win so splendidly. One of the most successful men in America lost both arms as a boy of twelve. He resolved to be a banker and he became what

he desired. One of the patients of the blind hospital for soldiers passed my house daily. I saw him start out on his first walk with an attendant and a year later he was going by alone. Some one said to him "How do you endure your terrible affliction?" Considering that the man was without income, and the father of thirteen children, the last one having come after the war and the father was blinded, the question seemed a big one. But the man answered, "Madame my plight is my victory. Before my injury I often wondered how I was ever going to be able to support my large family, for I was but a humble workman and earned little as a drayman, but now I have developed new powers, hitherto unguessed—powers as a basket weaver and mender of chairs and I am earning a great deal of money and I am now going to be able to care for my family without anxiety, and I have too discovered love and devotion" and hesitating a bit, added, "and God."

Daily repeat: O let me live so close to God's love that I may be a channel of it

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and radiate its sunlight as freely and with as great effulgence as does the sun of the heavens shed its rays upon the earth. It is happiness to remember the Source of my existence for thus I may never know the sorrow of incompleteness, and the bondage of finite limitation and bewilderment, where only human heritage doth rule.

Within every human is an unknown power, which cannot be known until it has been discovered and tried out. All creations of earth have many things to teach us. We may learn of the planets and plants, of the animals and tiny creatures of the fields many things, but of birds alone can we learn of flight in its wondrous symbolism and joyous freedom. In "The Great Psychological Crime" we may read of the eagle and its ways and glean truth: "The weight of an eagle's body is many times greater than that of the air on which it flies. It, therefore, naturally gravitates toward the earth. Under the laws of gravity it would, if left alone, fall to the ground,

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never to rise again. But this monarch of the air has the power within itself, and of its own right, to overcome the force of gravity and rise at will to realms beyond the clouds and shadows of earth, into the clear sunlight of heaven."

As Ella Wheeler Wilcox says: "Are you the self-confessed inferior of the eagle? Can you not overcome the law of inheritance or environment which you say is keeping you from rising and mount over circumstances and attain your goal? You tell me you have no wings; that the eagle is provided with the mechanism which enables him to soar from low to high places, while you are encumbered with a body of appetites and passions which link you to earth."

But never yet were there wings of birds so strong and mighty as the wings of the will of man; never were there heights so lofty for the feathered creature to seek as those which await the mind of man, once he spreads the pinions of his will and rises from the level places to the summits.

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Begin today to unfold these pinions. Whatever your besetting sin is you know, and you can rise over it as the eagle rises over the law of gravity and attain the mountain's peak. Unless you unfold the hidden wings of Will and rise you must go down lower." In God I am Invincible. In God I am Conqueror will invest the wings with mighty flight power to lead to the mountain of victory. You may not be able to mount as the eagle all at once, but like the fledgling will find it necessary to take short flights from branch to branch, hill to hill and may even fall a few times, but remember that In God you are Invincible and if you are faithful and persistent you will finally be able to soar even beyond your vision. Remember too as you think of the bird flight that they never are uncertain unless they are interfered with, but that their aim is steady and their vision is clear. Be still and realize:

Hopes may wing their way to heights sublime, beyond the veil of skies

To heights where answering magicians

wait to wave the wondrous wand of victory, serving as Knights of Truth in realms Eternal,—

Glorious heights where no prayer dies and naught of human soul or aim is ever lost.

When the heart is throbbing in a tumult of sorrow or anguish, when fears make every nerve quiver and ache, when anxiety seems to hold you in a vise and places iron bands about the head or body, use all the will power of which you are capable and softly repeat, "Peace, peace, peace and drive it through the fog about you. If you cannot do it alone have some one say it with you and for you. If you say nothing more than "Peace" and repeat it over and over you will eventually get quiet and be able to relax. Endeavor to concentrate and be still to overcome the suffering and attain clear vision.

Sit in a room quietly or lie down and stretch and mentally picture the way a baby stretches, then yawn, opening the

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mouth, determinedly closing and opening to a rhythmic counting, "one and two," "one and two" and then open and shut the eyes in the same way striving to lose none of the counts—this will centralize the mind and aid in the relaxation, then return to the saying of peace, peace all the while remembering you are trying to demonstrate "be still". Take a deep breath, have fresh air in the room if possible and be sure you are warm, and after breathing deeply way down through the diaphragm, inhaling slowly, then exhale slowly, "I breathe in the breath of life Divine and strength and renewing energy." Repeat this nine times. Even as there is a physical change made within the brain cells by each thought there is a change that can be made in the thought waves about you, the magnetization of atmosphere which will alter conditions which are troubling you. There is no one who will not be helped by this method if it is earnestly tried. Thought can reconstruct affairs as well as tissues.

Perhaps one of the greatest sources of

happiness in the world is to realize that we are necessary to some one. But so very often even when a person is discovered for whom we can do much, ego enters in and we want to be the principal benefactor, we want to feel that the one belongs especially to us—in other words that subtle undermining idea of human relationship—possession. As soon as that notion enters in then trouble begins and limitation. We must be in people's lives to evolve them according to their individual natures and not according to our opinion of their natures. Aid, abet, encourage, but do not dominate, for with dominion of any kind inharmony is bound to arise. Friendships of real affection, soul love, endure throughout eternity, neither time nor space interrupts the communion and telepathy and understanding and trust, and such friendships do not demand the presence and direct companionship, sweet as it is, but whatever is necessary for the good of the friend each accepts and the encouragement, inspiration and confidence becomes

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a bulwark of power and defense to each during the separation — only through friendships of such high unselfish quality (the giving over of the friend to Divine Love and guardianship of which a friend is but a servant) does the world of human relationship actually evolve and exist joyously. When we can regard love and treat it as a Divine gift then we can bring into our lives an experience which will show us the truth of Ella Wheeler Wilcox's poem:

There is room for an earnest man.

“However full the world

It had need of me, or I would not be—
I am here to strength the plan.

I am part of the First Great Cause.

Yes, there is someone waiting for you
to supply their need and there is your own
especial corner waiting to be filled. Declare
it, know it, and that God fills it.

Divine love which rules through Truth
Weaves of life's thread a warp and woof
In beauteous perfectly adjusted plan.
Happiness is God's gift to man.

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Regard life as a glorious adventure, as an opportunity ever more alluring and fascinating to prove our superhuman qualities and miracles of existence in the delights of achievement and development.

If you would know happiness and victory through I Can, keep prayer ever in your heart. Make prayer your very breath. We do not need to spend hours and hours in meditation in reclusive abodes and padded cells, a few minutes a day generally suffices to get us into tune, but the keeping a consciousness of an abiding presence and protection and guidance in the daily walk of life will lead into fields elysian of opportunity and joy and success. This spirit of prayer is to find time during the busiest moments to think kindly, speak the gentle helpful word, keep alert to courtesy and make every effort to do all just as nearly perfect as possible. We will do our work better with prayer in our hearts and we will be more alert mentally with feelings of harmony ruling us in our associations with others. We will attract the knowledge

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and ways to knowledge and awaken others interest in us which means unfoldment and progress. Other people live indifferently to us if we live indifferently to them. So we must remember growth and power are developed through the interchange of ideas and experiences learned through human companionship and association.

The prayerful mind which is being directed by Divine Intelligence is a mind of discovery and efficiency both of which are elements or requisites of success.

When separations come, remember neither time nor space interrupts the deep undercurrents of soul unity. If you have been living for someone, anticipating joy through someone, it matters not according to the Infinite Eternal Law of Love's Unity whether the loved one is visibly beside you or not. We crave the personality until we have evolved to the understanding that it is only within the inner being that our joy is a part of Reality and Eternal Ecstasy and Happiness. Whether the separation is

from brother, mother, father, child or beloved friend the spiritual bond or true cause of the love which is revealed through the consciousness of silent companionship can never be broken. This consciousness is not a mental consciousness although mind must necessarily perceive it, but it is an inner silent awareness which ever remains within the spiritual nature of all human relationships that are gifts of the Infinite, everlasting gifts of happiness. Some associations and even affections come to us, simply to teach us law and then are removed, but Time will teach us the Truth of all these things if we will place ourselves daily within the Circle of Infinite Love to rule us and rule out of us everything that is unlike God and does not give us peace. Remember that the beloved one gone to other planes has attained knowledge and happiness. Would true love deprive a loved one of one whit of joy? No, never. Then if your love is spiritual you will find joy, yes joy in the blessings into which the beloved has

entered. Would you not grow, too? Then declare God's peace alone rules you and thus evolve to the heights of a glorious soul companionship. Honor, serve, and fulfill all your powers even with greater loyalty and aspiration during the absence. Only such an attitude is true love, a love which blesses and we can know consolation through such knowledge of remembrance. Declare God's peace rules you and God's angels are loving guardians of your love, and to yourself repeat:

My love, absent or here, is a part of my Spirit. The soul of my beloved one leads me like a star unto the vastness of self-forgetting, where all is engloried in peace, and in God's beneficence I learn of Infinite Love, and I learn, because I have sorrowed, to give back to the world Love, Love, unselfish love, and faith with thanksgiving for my treasures in Heaven.

Determine to be happy and learn to live on the Mount of Vision from which vantage point you may bring unto yourself

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new qualities, new power and ever-increasing joys declaring:

**Life is glorious
In God's love I will live protected blest
Doing well my part of Good
Knowing God doth rule the rest.**

Face life resolutely, courageously, declaring:

Earth's conflicts cannot take one jewel from out my crown of life, that in the law of God's ways belongs to me—diamonds, rubies, sapphires, jewels every one that I have earned through Truth and service; conquering pride and human weakness and all traits that could one jot or tittle mar the crown or leave it incomplete as a diadem of one, an heir to a kingdom of happiness engloried and Divine.

We cannot all leaders be and mountains shape with engineering skill and dynamic blasts of will, infinite and inspired, but we can sowers be and scythe bearers too in Life's garden, watching well that all seed

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sown be that of Truth and pluck the tares from out the fields and help to mow down to the very roots that which will not garner well, as a fruitage and a vintage of Eternal Life and beauty. Every man has a scythe and for a gift the sword of Truth sheathed or unsheathed according to the proven valor of the knight. Thus sometime in God's good time Eternal, every soul shall stand alert as sentinel for the Pure, the True and Right.

The I Can of service and brotherhood is to keep love in the heart and the Vision Splendid in the mind.

"Whether doing, suffering or forbearing you may do miracles by perservering."

As Edwin Markham says:

"There is a destiny that makes us brothers
None goes his way alone,
All that we send into the lives of others
Comes back into our own."

And this is the marvellous key to the I Can Way to Happiness—love, efficiency

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and Science—united to a faith that God's will is good—and no matter what the trials may be some day we shall know when we understand the hidden laws that in all things there is always something to be thankful for.

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Gaylord Bros., Inc.
Makers
Stockton, Calif.
PAT. JAN. 21, 1908

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